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ABSTRACT

This book is for professional educators, parents, and other adults who wish to teach young children (three years old through third grade) ways to enjoy greater happiness. Its ideas come from control theory (the idea that all behavior is internally motivated) and reality therapy (the application of control theory principles). In contrast to stimulus-response theory, which suggests that humans react primarily to external stimuli, control theory asserts that people choose behaviors that will help them satisfy their basic, inner needs. The book is presented in two parts. Part one is largely theoretical and explains the use of control theory and reality therapy with young children. Part two switches from theory to praxis and presents, in eight chapters, hands-on strategies for implementing the book's ideas. Each chapter begins with an explanation of a basic concept, such as basic needs, signals, and pictures, and is followed by a series of activities that the adult and child work through together to teach the chapter's concept. Activities for a balanced classroom are offered, as well as suggestions for further reading. It is hoped that these activities will help children learn how to meet their needs in responsible, balanced ways. (RJM)

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